

MY WEEK

Sometime ago I received from an American correspondent a booklet entitled: "Our Conservation Job". It dealt with the situation in the United States but was almost equally applicable to Canadian conditions.

I sent it out to a farmer friend of mine who is a competent critic, one who understands the problems of today, and is not indifferent to the days after tomorrow. This morning I have his answer. I pass it on to you I expect to review this booklet at an early date—here is the opinion of my farmer friend. Read it, read it carefully.

"The rate at which we are using up the natural resources of this continent is alarming, the increase in the rate is appalling.

"The world that Bonaparte set out to conquer differed but little from the world that Caesar had conquered, but the world that Hitler undertook to conquer was within sight of complete exhaustion of many of its most essential materials.

"It is only 15 generations since the white man came to America. What will this continent be like when another 15 generations have worked their will upon it? If we keep on as we are doing, it will be dead as the moon. The moon has no atmosphere, the earth will have none either if man keeps on discovering new ways of robbing tomorrow in order to increase today's enjoyment.

"Of all the millions of stars in the sky we have no evidence of even one to compare with the earth in beauty and life, and the possibilities of happiness, yet man, the creature who can get the greatest happiness out of it is destroying it at such a rate that it may soon be uninhabitable. What a creature.

"I agree with most of the suggestions in this booklet but the big task is to awaken the people to the facts of the situation and try to impel them to action. Is this possible in a democracy?

It is a relief sometimes to find a kindly word for the Member of Parliament. Theoretically, members of parliament could be better—there is no doubt about that. When we have better constituents we will have a higher type of member in the House of Commons.

The M.P. is not paid too much. \$5000 a year may seem a great deal to some people but the income tax takes a chunk out of it despite the

fact that \$2,000 is exempt as it should be. He has to live away from home for about six months of the year. The astonishing thing to me is that so many are willing to accept the job. It has its pleasures but it has its miseries. There are, of course, higher rewards but many things are in the way of a man who aspires to become a leader in political life, and much worry when it is achieved. I have a feeling of gratitude to the man who takes the risks and abandons business to enter into the field of politics.

That very competent lady Mrs. Katherine Marston, editor and proprietor of the Elora Express gives the correct point of view:

"It wouldn't hurt she writes, 'if we were to show a morsel of gratitude to the men who understand and who have undertaken to attend to the country's business. They spend, as a rule, strength, time and money for a very poor eventual reward. Even fame fades quickly and a few attain a very great degree of that rare commodity. All these things should be remembered as the campaign gets under way and maybe a little Christian charity on the part of the Canadian electorate would have surprising results. At any rate it wouldn't hurt to try.'"

CORRECT TRAINING OF CHILDREN NECESSARY FOR BETTER CITIZENS

Balanced living begins with the child. Basic character training in the home and the opportunity to practice democratic principles in the school—these are the means by which the child is developed into a worthwhile adult. Miss Christine McIntyre, Instructress in Social and Family Relationships at the Olds School of Agriculture points out that the whole child goes to school today. In the past, mental growth was stressed—mastery of the three R's but recruiting during the first world war showed that too many of our young men were physically unfit. As a result, courses of physical training and health studies were added to the school program.

World War 2 brought further enlightenment. Here it was found necessary to reject eight out of every hundred applicants for military service because of unsatisfactory mental health. They either lacked self ad-

justment or were ill adjusted socially. Self adjustment is the power to deal with one's inner needs and wants. Social adjustment is the ability to live and work constructively with others. Education is more than the mastery of subject matter and skills. It is the process of learning to live successfully.

Many employers in business and industry now look first for ability to work well with others. Unless the position calls for considerable technical knowledge and skill they consider these qualities much more important than the grade of education of the employee. Studies show that only 10% of young people losing jobs or failing to win promotion do so through lack of skills. The great majority fail because of personal defects. This by no means implies that education is not a valuable factor in life, but does indicate that knowledge without personality can never equip one to live as fully as he should.

There are so many ways in which we can improve our personalities, says Miss McIntyre—just one of them is a matter of friendliness. If we would go just a little more than half way to meet the other person we would live in a happier world.

NEW MANAGER FOR MAGRATH WOOLEN MILL

Taken over by the Provincial Government over a year ago and operating since last spring, the former Golden Fleece Woollen Mill at Magrath has been reorganized and renamed the Prairie Woollen Mills, with George A. Clash as managing director. It was announced Thursday by J. E. Oberholtzer, deputy minister of Industries and Labor.

Mr. Clash, who is Chairman of the Provincial Marketing Board at Edmonton will continue to discharge that duty.

KEEP GROUND MOIST AROUND LIGHTNING ROD

The Fire Commissioner recommends that owing to extended dry weather it is important that each ground connection to the earth from the lightning rod system be watered. The me-

thod recommended is to remove the earth to a depth of one foot beside each ground connection and to pour a pail of water around the rod. If this precaution is taken once a week during dry weather, the earth resistance to electricity will be reduced ensuring proper operation of the lightning rod system.

CAREFUL SELECTION NECESSARY WHEN FREEZING FRESH FOODS

Freezing preserves the flavour and natural characteristics of a large number of foods, says A. W. Moyle, Fruit and Vegetable Products Laboratory, Dominion Experimental Station, Summerland, B. C. Strawberries, raspberries, peaches, pears, corn, broccoli, spinach and asparagus are examples of fruits and vegetables that freeze very successfully. On the other hand, freezing of celery, lettuce, cucumbers, radishes, pears and watermelons has, so far, been unsatisfactory. It should be pointed out, too, that certain varieties of the same fruit or vegetable are more adaptable to freezing than others. In addition the quality in the frozen product depends not only upon the type and quality of the raw material but also upon the method of freezing—pre-treatment, packing, type of storage and care in handling until it reaches the consumer's table.

Spoilage changes in thawed frozen foods are similar to those taking place in the fresh product, but proceed at a very much faster rate. Many consumers do not appreciate this fact, believing that frozen products like canned foods, will keep indefinitely in the unopened container. This is not so. Frozen foods are not sterile. They should be used preferably before thawing is complete.

Food in the frozen state is subject to dehydration unless covered with a film of ice or oil, or packaged in tin or other moisture vapour-proof containers. Changes caused by the presence of oxygen may also occur. The effect of this oxidative process may be lessened by the use of airtight packages. In some instances the addition of sugar or an antioxidant such as ascorbic acid, to fruit packs, has decidedly beneficial effects on colour and flavour. To retain desirable colour, flavour and texture in vegetables, it is essential that they be properly blanched (scalded)

EXPERIMENTAL FARM WEEKLY LETTER

HAM AND POTATO SALAD

There aren't many people who dislike picnics. The open air, the smell of growing things, the thought of slightly different food in greatly different surroundings, with no dishes to wash, all serve to whet the appetite and add more zest to the usual pleasure of eating.

The Experimental Station is a very popular place for picnics. Last summer we averaged about two per week. However the picnic of all picnics, the annual field day, occurs this year on Wednesday, July 27. This is the day when people from all over Southern Alberta congregate at the Station to meet their friends, to view and hear about the work in progress and to spread their cloths on the picnic tables of the spacious lawns and enjoy Mother's picnic specialties along with coffee, milk and cream provided by the station.

In boiling water or steam before cooling, packaging and freezing. This preliminary treatment is necessary to prevent undesirable changes which may otherwise take place in the frozen vegetables.

Some foods may be stored longer than others but there should be no carryover from season to season. To retain maximum quality in the frozen product for a twelve-month period of storage, it is essential that the product be stored at 0 degrees F. or lower. At this temperature, provided that they have been properly prepared and packaged, foods in the frozen state are not subject to serious chemical, physical or microbiological changes. Storage temperature higher than 0 degrees F. especially if they are fluctuating are detrimental to quality, and under such conditions undesirable changes will occur in foods relatively quickly.

In comparison with unrefrigerated fruits and vegetables quickfreezing conserves the vitamins. It also provides a more interesting and varied diet. This method of food preservation has made great strides in the past few years, and as the years go by will become of even greater value to the busy housewife.

This year a special invitation is being made to all townspeople to come and bring their families and enjoy the day with their farm friends. Special emphasis will be given to home beautification—lawns, shrubs, hedges and flowers; there will be sports and movies for the kiddies and opportunity will be provided for all to see and discuss the various phases of agricultural research now being conducted.

One farmer said that he got an idea at the Experimental Station Field Day last year that saved him a thousand dollars. We sincerely hope that this year there will be a thousand dollar idea for everyone who attends. Then too, our technical staff pick up a lot of thousand dollar ideas from farmers as well as some million dollar problems. At the present time we have a generous supply of problems but we always have room for ideas on how to solve them. The Field Day provides the ideal situation for an exchange of ideas, exchange of scenery and a variation in diet. DAD—don't forget to set aside Wednesday, July 27 for the family picnic, and mother—don't forget to set aside plenty of ham and potato salad.

Low Fares

From all stations in Saskatchewan Alberta and Manitoba.

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JULY 23 TO 29

ONE-WAY FARE AND ONE HALF FOR ROUND TRIP Minimum fare 30 cents

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And on July 30 for trains arriving by 5.00 p.m. (Standard Time)

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ANNUAL FIELD DAY

Experimental Station, Lethbridge

Wed., July 27

Come anytime between 10 a.m. and 2 p.m.

Bring your lunch and the family
Free Coffee, Milk and Cream

Tour of Gardens, Plots and Fields
Livestock Inspection



Variety Plots and Field Days

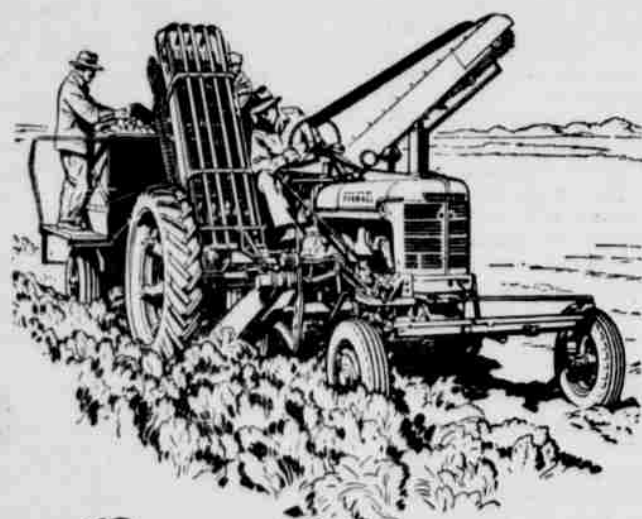
Farmers and others are always interested in variety test plots and in new and unusual crops that they have never seen before. Because of this interest country grain buyers of Co-operatives associated with the Line Elevators Farm Service have cared for over 1,800 of these plots as a community service during the past nine years.

Purpose. These plots provide an excellent means for farmers, grain buyers, Junior Club members and others to become acquainted with the performance of varieties, old and new, under local soil and climatic conditions. Furthermore, there have been many changes in the officially recommended varieties in recent years. Most of those grown on farms today were unknown 10 years ago. Fortunately, the changes have nearly all been improvements and these plots provide one means of keeping up-to-date.

Research Pays Dividends. Crop production in Canada owes much to the plant breeder. Certainly the great cereal crops we produce in this country have originated almost entirely from varieties developed and improved by Canadian plant breeders. Farmers can look to the future with confidence, since the science of plant breeding will continue to provide the solution to many of our most important crop production problems.

Field Days. A common summer feature of agricultural extension work is the "Field Day" where new farm practices, new crop varieties and the results of field experiments are seen by and explained to farmers. Successful farmers know that any time spent at an Experimental Farm, Illustration Station or Variety Plot is well worth the effort. The greatest benefit is derived from variety plots when a field day is organized with a crop specialist present to discuss the merits and failings of the different varieties.

Everyone interested in field crops, new varieties, and good farming is cordially invited to visit Line Elevator field plots. The Line Elevator Agent in charge will welcome your interest in his plots, so plan now to attend the "Field Day". Watch for local posters giving the date and time.



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and IT'S ALL OVER

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Here's a real time and labor saver... the McCormick-Deering HM-1 Beet Harvester for Farmall H, M and MD Tractors.

In one continuous operation, this machine tops, lifts, cleans and loads the beets into a special two-wheel cart to complete the harvest in a "once over and it's all over" operation.

With the HM-1, you can harvest 5 to 6 tons of beets in an hour. You don't have to worry about weather or field conditions because this machine does a good job when it's not easy to harvest beets by other methods.

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"Where You Get More of the Best for Less"



Ed McCurdy, balladeer and folk singer, is heard each week on Fridays in addition to his broadcasting with CBC. Ed has been busy in Toronto making recordings of some of the favourites he does on the air. Among those recently released for sale to the public are "Riders in the Sky", "The Ballad of Frank Slide", "Lak-eyes Boat", "Black Eyed Susan" and a famous Newfoundland song "The Squid Jiggin' Ground."

Birds will not fly out of sight of the ground when there is a thick fog.



Doris Veale, is an experienced composer of incidental music for radio drama, who plays frequently in CBC network programs, including John and Judy which returns in the fall for its seventh season on Trans-Canada. Miss Veale is at home with most keyboard instruments, including piano, organ, celeste and novachord.



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